



# FSS Resources

Department of Housing and Community Development

AUGUST 2014

FAMILY SELF-SUFFICIENCY PROGRAM NEWS UPDATE

## Email Address



Do we have your email address? We run across many workshops, job fairs, and resources each month. If you have an email address, please make sure to give it to us if you haven't already. If you have changed your email address or recently signed up for email, please send us a quick email, so we can add you to our list.

Feel free to email our FSS Coordinator, April Balge with your questions, suggestions, or comments. April's email address is: [April.Balge@sdcounty.ca.gov](mailto:April.Balge@sdcounty.ca.gov)

## CALLING ALL FSS PARTICIPANTS!



We want to hear how you are doing! Don't hesitate to contact us or schedule an appointment. You may contact us at: 858-694-8709.

## Have your goals changed?

Contact the FSS program today to update your contract!

## MONTHLY CHALLENGES: CHALLENGE 5

In August, we challenge you to: **Conserve Water!**

With California experiencing one of its driest years, it is important that we all rethink the way we use water on a daily basis, both indoors and outdoors. Please visit the **Save Our Water** website at <http://saveourh2o.org/tips> to learn how you can help conserve water and make a difference for California's future!

## COMMUNITY RESOURCES

### Free Cooking Class for Women

The class will take place at the Women's Wellness Center at King Chavez Health Center, located at the 3<sup>rd</sup> floor of 950 South Euclid Ave., San Diego, CA 92114. On August 13, 2014 from 10:00-11:00 a.m. There will be raffle prizes, snacks, and much more! Space is limited. Please call to make your reservation today. For more information and to register, please call at: 619-662-4100 ext.3215.

### South Bay Community Services

South Bay Community Services offers a comprehensive range of services and programs for families, children and individuals in South San Diego County. Some services include: employment assistance, emergency food, youth services and much more! South Bay Community Services is located at 430 F Street, Chula Vista, CA 91910. For more information, call us for a referral at 858-694-8709.

### Upcoming Job/Career Fairs:

- All job seekers
    - August 12, 2014
    - 11:00 a.m. – 2:00 p.m.
    - Double Tree Hotel
    - 7450 Hazard Center Drive, San Diego, CA 92108
  - All Veterans
    - August 14, 2014
    - 11:00 a.m.-3:00 p.m.
    - Hotel Del Coronado
    - 1500 Orange Ave. San Diego, CA 92118
  - Embassy Suites Hotel
    - August 22, 2014
    - 9:00 a.m. - 12:00 p.m.
    - 601 Pacific Highway, San Diego, CA 92101
  - BAME Career Fair
    - September 10<sup>th</sup>, 2014
    - 10:00am-1:00pm
    - Logan Heights Library
    - 567 South 28<sup>th</sup>, San Diego, CA 92101
- For more details, or information contact us at: 858-694-4821.

### BAME: Financial Opportunity Center (FOC)

Interested in increasing your financial health? The FOC is a career and personal financial service center. This service changes your financial behavior in a way that encourages long term commitment to increase income, decrease expenses and debt, and acquire assets. The FOC services are FREE. The office is located at 3085 K Street San Diego, CA 92102. Appointments must be scheduled in advance. Please call Eduardo Sanchez at 619-858-0563 for details or to schedule an appointment.

### Financial Literacy Workshops

The San Diego Financial Literacy Center will offer workshops including: Personal Budgeting, Investments and Retirement, and more. Workshops are offered through August 26, and are held at 9325 Sky Park Court, Suite 260 San Diego, CA 92123. All workshops are FREE, therefore seating is limited, RSVP today at [info@sdfic.org](mailto:info@sdfic.org) or call Chase Peckham at: 858-751-2607.

### FREE TUTORING!

Students of any age can get homework help from tutors at participating branch libraries or at home through the library's online services. Expert tutors are available for one-on-one consultation through the library's website. Check out the County of San Diego's "[Teen Lounge](#)" website for study resources and library information in your area.

You can also contact the [City of Chula Vista Library](#) for details about in-library tutors and Tutor.com services.

### What's an N-11 Number?

N11 codes are the 3-digit numbers you can dial on your phone for free direct services. The numbers already in use are:

**2-1-1:** A referral line for information on community, child care, health, disaster and volunteer services.

**5-1-1:** Transit and Traffic information line. This number can be very useful during a disaster to find out which roads or freeways have been shut down, and estimated travel times. They also offer free roadside assistance on the freeway during rush hour.

**9-1-1:** Hopefully everyone in your family knows this number for emergency services. Use this number only in the case of emergencies to prevent clogging up their lines. If you're not sure if the situation is an emergency and no one is in immediate danger, dial your local Police department, Sheriff or Highway Patrol's non-emergency numbers; which are found in your phone book.

### Need Childcare?

Do you have children 5 and under? There is an easy way to search for childcare services. Information can be obtained online at [Childcare and Early Education | 2-1-1 San Diego](#), or you can call the free referral line at either 619-521-3070 or 2-1-1 to speak with a child care consultant about your options. Information on local fee assistance programs will be provided. The FSS Team can also refer you to childcare available in your area.

### Access Youth Program

The Youth Program provides work readiness and employment options to qualified low-income residents who are high school drop-outs ages 17-21 years old residing in the Lemon Grove, La Mesa, and National City communities. Services include: alternative secondary school offerings, GED preparation, tutoring, paid work experience and much more. For more information, please call: 858-560-0871.

### Educational and Career Options for Young Adults



MAAC Project YouthBuild is a construction training program for young adults between the ages of 16-24 years old. Program cycles are one year long and graduates obtain either a High School Diploma, a GED, a construction trade certificate, or a employment skills training certificate. During the one year program, trainees spend half the day on their academic or vocational goals. The other half of the day, they receive paid work experience in construction. Trainees gain experience in carpentry, drywall, painting, electrical installation, plumbing, roofing, masonry, concrete, and construction plan comprehension.

For more information, please call us for a referral at 858-694-8709.

### EVENTS FOR SENIORS

#### Attention 50+ workers! Are you looking to re-enter the workforce or hoping for a new direction?

Come to the FREE Make Work Work for You at 50+ event. The event will be held from 9 a.m. to 2:30 p.m. on Saturday, August 16, at the San Diego Continuing Education's Educational Cultural Complex, 4343 Ocean View Blvd., San Diego, CA 92113. Some of the workshop topics will include: starting a small business, using social media tools, building a resume, and many more!

To register, contact Sally Jackson at 858-495-5525.

#### Visit the Norman Park Center



The Norman Park Center offers educational and health classes, social activities, exercise programs, dancing activities, art classes, and computer classes. It is home to special interest groups such as the Garden Club, Computer Club, and Club Amistad. For details, call 619-691-5023.

The Norman Park Center is located at 270 F St. Chula Vista, CA 91910.

### FSS PARTICIPANTS, PLEASE LET US KNOW...

The FSS Program is dedicated to helping you get connected with community resources, and we love to hear when you have used them. If you received the Earned Income Tax Credit, attended job trainings or a tax prep session, obtained your degree, achieved a promotion, or secured a job, **LET US KNOW!** The accomplishments of our participants are vital to the program. Communication is key to your success! Please contact us at: 858-694-8709 or via email at: [April.Balge@sdcounty.ca.gov](mailto:April.Balge@sdcounty.ca.gov)

Housing and Community Development Department  
County of San Diego  
3989 Ruffin Road  
San Diego, CA 92123



For information on all of the County of San Diego Department of Housing and Community Development's programs and activities, like us on [Facebook!](#)



### We'd love to hear from you! Please contact us at:

April Balge, FSS Coordinator  
Phone: 858-694-4875  
Fax: 858-514-6535

Email: [April.Balge@sdcounty.ca.gov](mailto:April.Balge@sdcounty.ca.gov)

Michelle Rios, FSS Assistant  
Phone: 858-694-8709  
Fax: 858-514-6534

Email: [Michelle.Rios@sdcounty.ca.gov](mailto:Michelle.Rios@sdcounty.ca.gov)